



Strengthening Individuals,
Families & Communities

Strengthening Families

A proposal to the South Dakota Department of Corrections
From Lutheran Social Services of South Dakota

May 24, 2023

Overview

“Strengthening Families” is an evidence-based early intervention program that involves parents, teens, and children in learning and practicing positive interactions, communication, and effective discipline.

The group curriculum is held over up to 14 weeks. After families join in a group meal, parents, teens, and children split into separate groups to learn about a skill, and then come back together to practice their new skill.

Over its 40 years of being implemented around the world, “Strengthening Families” has been shown to significantly reduce problem behaviors, delinquency, and alcohol and drug abuse in children; improve children’s social competencies and school performance; and reduce child maltreatment.

Implementation Plan

1. Strengthening Families will be piloted in Sioux Falls. If successful, we will consider replicating it in other South Dakota communities where there is a need and where LSS has a presence.
2. Three LSS staff members will facilitate the weekly groups. These staff would come from our CARES in-home intervention program, our Behavioral Health counselors, our Center for New Americans case managers, and coaches from our Re-Entry Program. An LSS supervisor will oversee the program.

We would also provide interpreters for families with limited English proficiency. Curriculum elements are available in Spanish.

3. We anticipate holding 4 groups in the next 12 months, each group involving up to 8 families with up to 30 total individuals, for a total of up to 120 individuals served during the year.
4. The Strengthening Families curriculum uses a retrospective pre- and post-survey evaluation instrument, administered by the Strengthening Families Program. The survey instrument is available in both paper and online versions, in Spanish and English. The survey includes 10 demographic questions and 45 survey questions.

Cost Proposal

The Strengthening Families Program comes with initial setup costs. Following setup, each group session will be billed to the state at an agreed-upon rate. Interpreter costs will be billed separately at an agreed-upon rate.

Setup Costs

Strengthening Families curriculum	\$1,700
<i>English curriculum, \$350</i> <i>Spanish curriculum, \$450</i> <i>Flash drives for each facilitator, 20 @ \$45 = \$900</i>	
Total Setup Costs	\$1,700

Implementation Rates

Rate per Strengthening Families session per family	\$285
Rate per hour of interpreter service	\$45

Program Budget

EXPENSES	
Community Events	
Space Rental	\$ 6,000
Facilitator(s)	\$ 37,914
Materials	\$ 4,200
Food	\$ 16,800
Operating Expenses / Overhead	
Staff Position, Outreach & Referral Processing	\$ 3,224
Staff Position, Individual Family Case Management	\$ 2,063
Staff Position, Supervisor	\$ 12,330
Other Expenses	
Interpreters - Estimate cost of \$5,040	
Evaluation	\$ 600
Indirect Costs	\$ 10,131
TOTAL EXPENSES	\$ 93,262